

# LIFE, HEALTH, GROWTH

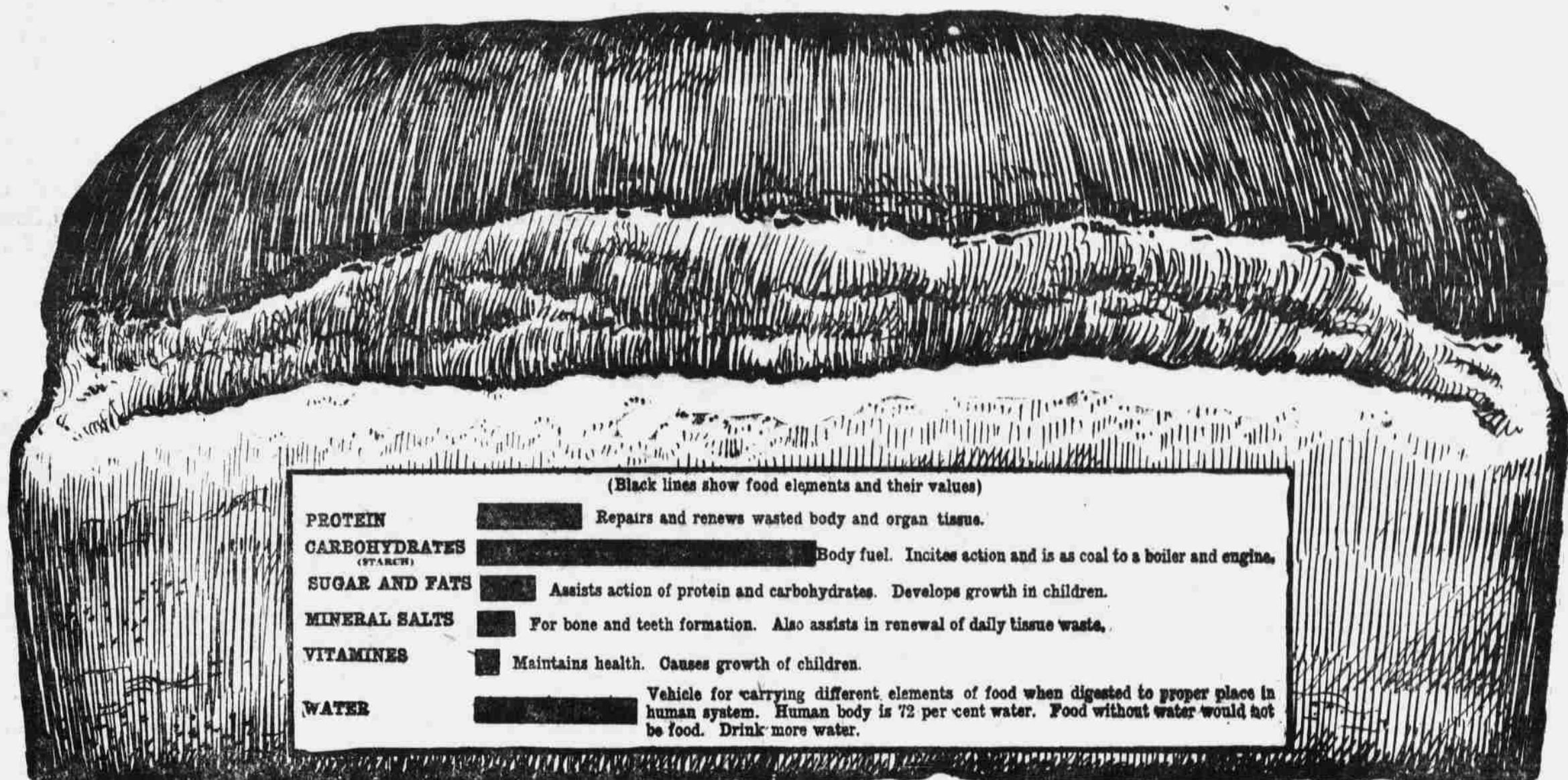
IS MORE CHEAPLY AND SURELY SUSTAINED WITH

# BREAD

*—the Most Important  
of Everything In the World*

## You Should Know More About Bread

THE ILLUSTRATION SHOWS WHAT IS IN BREAD



THESE FEATURES IN PROPERLY MADE BREAD PROVIDE A BALANCED RATION IN BREAD ALONE AND ARE CREATED FROM THE FOLLOWING INGREDIENTS WHEN SCIENTIFICALLY PREPARED:

### FLOUR

Protein  
Carbohydrates  
Mineral Salts  
Vitamines  
Fat and Sugar

The wheat berry contains, more nearly balanced than any other food or cereal, all of the necessary elements to sustain human life. However, in milling flour, the bran, containing largely the necessary mineral salts, is taken out.

The bran contains the salts in woody fibrous cells, impossible of digestion by the human system. Bran is a cow food and with other cattle feeds is rich in mineral salts. The salts are precipitated in milk, and bread made with milk results in a balanced ration, approximated by no other food.

### SALT

Governs fermentation of yeast, increases flavor and palatability of bread. Common salt furnishes 60 per cent of the salts required by the blood.

### YEAST

Yeast causes chemical action necessary to bread-making by converting the sugar which is present in flour as well as that which is added—into gas and alcohol, thereby making leavening possible, and making proteins and carbohydrates assume a favorable condition for digestion, also furnishes vitamins.

### CANE SUGAR

In contact with yeast produces gas, expands gluten in the dough, giving volume and porosity to the baked loaf. Furnishes heat and energy to the body, promotes muscular endurance—98.6 per cent available in the system as food.

### FATS

Essential to bread as shortening, readily assimilated and completely digested in the intestines.

### MILK

Is used to supply deficiency in mineral salts of white flour, as explained. Milk also is rich in protein, starch, fats, vitamins and is not given the place as human food it should be. Unhappy, underdeveloped children is the result of insufficient milk in the diet. Bread made with milk by intelligent bakers is life's best sustainer and prolonger; therefore, you should know more about bread and eat more bread and see that your children have all they can eat of bread. They can't eat too much when fed bread and milk.

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